

**ABSTRACT**

The present invention utilizes the advantages provided by a portable, wearable timepiece such as an electronic wristwatch for integration with a security system and performing various functions as a result of the timekeeping integration. First, the control panel of the security system may be synchronized by the timepiece, either automatically or when selected by a user. Second, the timepiece may be programmed to send certain commands to the control panel at certain times, such as a command to arm the system at 11:00 PM every night. Third, the timepiece can be used to send commands to the control panel on detection of a button press, but only after a countdown delay specified by the user. This gives the user the ability to press a system arm command that would only be sent after a delay of, for example, 15 seconds.